



# My Marathon: Reflections on a Gold Medal Life

*Frank Shorter*

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**My Marathon: Reflections on a Gold Medal Life** Frank Shorter

*My Marathon: Reflections on a Gold Medal Life* is a revealing memoir by Frank Shorter, the father of American distance running. After winning the 1969 NCAA title in the 10,000-meters title during his senior year at Yale, Shorter went on to win a staggering 24 national titles on track, road, and cross country courses, but it was in the marathon that Shorter achieved his greatest fame and recognition.

At the 1972 Munich Games, Shorter won the Olympic marathon finishing more than 2 minutes ahead of the second-place finisher. Four years later, he finished a controversial second in the Olympic marathon in Montreal. The controversy, still unresolved to this day, revolved around the East German “winner” being a possible drug cheat. Shorter later founded the United States Anti-Doping Agency. Written with noted sportswriter John Brant, *My Marathon* details these inspiring events, as well as the physical and emotional abuse Shorter suffered as a child.

This inspiring memoir is a testament to the resiliency of the human spirit and the transformative power of sports.

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Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love My Marathon: Reflections on a Gold Medal Life, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its named reading friends.

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What is your hobby? Have you heard in which question when you got students? We believe that that question was given by teacher for their students. Many kinds of hobby, Every person has different hobby. Therefore you know that little person just like reading or as reading through become their hobby. You should know that reading is very important in addition to book as to be the factor. Book is important thing to include you knowledge, except your current teacher or lecturer. You see good news or update with regards to something by book. Different categories of books that can you choose to use be your object. One of them is actually My Marathon: Reflections on a Gold Medal Life.

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